



Servicing Weeden Heights PS on a Monday, Thursday & Friday!  
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED  
INGREDIENTS, ALLERGEN INFO ETC ARE ON 'OUR MENU' PAGE OF WEBSITE

## LUNCH ITEM ONE

### SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Pic(k)nic Box with a Whole Egg (GF)
- Steamed Veg: Corn wheels, Broccoli & Carrot
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Main course of Fresh Fruit Salad (V,GF)

### SUSHI/RICE PAPER ROLLS

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)
- Tofu Hand Rolls (2)
- Rice Paper Rolls – Vegetarian (2)

### BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- GOZLEME – Mushroom & Spinach (NO CHEESE) (Vegan)
- GOZLEME - Spinach and Cheese (V, H)

### BAKED FRESH PIZZAS

(PLEASE NOTE: Baked this morning -Served at room temp)

- Margherita Pita Pizza
- Ham and Pineapple Pizza Slice

### SANDWICHES, ROLLS & WRAPS

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain ROLL with Cheese and Tomato
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken MAYO and Lettuce Roll (H)
- Garden Salad Wrap (GF,DF,V)

## LUNCH ITEM TWO/THREE

### FRESH FRUIT & VEG

- Freshly chopped Strawberries with Grapes
- Fresh Fruit Combo
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Cantaloupe & Honeydew pieces
- Freshly chopped Watermelon Pieces
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Freshly chopped Orange Segments
- Whole Fruit – Banana

### YOGHURT/BOWLS

- Dairy Farmers - Strawberry Yoghurt
- Dairy Farmers – Classic Vanilla Yoghurt
- Chia Bowl with Banana, Coconut & Strawberries
- Stewed Rhubarb & Apple with Custard (V)

### BAKED GOODS

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Hot X Bun
- Jam Drop Biscuit (GF, NF, H)

### DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Spicy Capsicum Dip with Rice Crackers

### POPCORN/SNACKS

- Dried Fruit Medley with Yoghurt Sultanas
- Popcorn - Lightly Salted
- Popcorn - Slightly Sweet, Lightly Salted
- Roasted Chick Peas.
- Lime & Black Pepper Chick Peas
- Balsamic & Sea Salt Fav'va Beans

### DRINKS

- Nippy's Chocolate Milk
- Full Cream Milk
- Apple Juice
- Orange Juice
- Strawberry (Lactose Free) Milk
- So Good Soy Milk

Healthy, Interesting & Affordable Lunches Delivered to School!

More information about Our Offering including  
Pricing, Ingredients and Portion Size is available on the Our Menu Page at

[www.classroomcuisine.com.au](http://www.classroomcuisine.com.au)